

Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag
Circuit training → 08:30 - 09:15		Circuit training → 09:00 - 09:45		Circuit training → 08:45 - 09:30	Circuit training → 08:30 - 09:15
Circuit training → 09:15 - 09:45	Circuit training → 09:00 - 09:45	Yoga → 10:00 - 11:00	Circuit training → 09:00 - 09:45	Stoel Yoga → 10:00 - 11:00	Circuit training → 09:15 - 10:00
Dans → 09:45 - 10:15	Circuit training → 10:00 - 10:45	Stoel Yoga → 11:00 - 12:00	Circuit training → 10:00 - 10:45	Ontspanningsyoga → 11:00 - 12:00	Yoga → 10:15 - 11:00
Yoga → 10:15 - 11:15					
Stoel Yoga → 11:15 - 12:00					

Medisch Fitness → 13:00 - 14:00	Circuit training → 13:00 - 13:45		Circuit training → 13:00 - 13:45	Medisch Fitness → 13:00 - 14:00
Medisch Fitness → 14:00 - 15:00	Medisch Fitness → 14:00 - 15:00		Medisch Fitness → 14:00 - 15:00	

Circuit training → 19:00 - 19:45	Kracht & Interval → 19:30 - 20:15	Circuit training → 19:00 - 19:45	Zwanger & Fit → 18:30 - 19:30	Circuit training → 19:00 - 19:45
Yoga → 20:00 - 21:00		Yoga → 20:00 - 21:00	Kracht & Interval → 19:30 - 20:15	
			Mam & Fit → 19:45 - 20:45	